

# CHILDCARE NOVEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p><b>FRESH FAVORITE</b></p> <p><b>CAULIFLOWER</b> Cauliflower is a member of the cabbage family and is actually a flower that has not fully developed. Cauliflower contains impressive amounts of Vitamin C, Vitamin K and Fiber for good health. Look for purple, green and orange varieties along with classic white cauliflower at your local farmer's market!</p>	<p><b>BBQ Chicken Slider Mac &amp; Cheese</b> <b>1</b> *Fresh Broccoli &amp; Ranch Dressing *Fresh Apple *Blanched Broccoli for Toddlers *Applesauce for Toddlers</p>	<p><b>Cheese Stuffed Breadsticks Marinara Dipping Sauce</b> <b>2</b> *Spinach Salad w/Dressing *Fresh Orange *Steamed Peas for Toddlers *Mandarin Oranges for Toddlers</p>	<p><b>Cheeseburger Meatloaf</b> <b>3</b> Dinner Roll Steamed Carrots *Fresh Melon *Diced Peaches for Toddlers</p>	
<p><b>Sabino's Pizza Burger</b> <b>6</b> Italian Seasoned Beef on Garlic Toast *Baby Carrots *Craisins *Blanched Carrots for Toddlers *Mandarin Oranges for Toddlers</p>	<p><b>BBQ Beef Meatballs</b> <b>7</b> Potato Wedges &amp; Ketchup Cornbread Tropical Fruit</p>	<p><b>Creamy Chicken Alfredo Penne Pasta</b> <b>8</b> *Romaine Salad &amp; Italian Dressing *Fresh Melon *Blanched Carrots for Toddlers *Diced Pears for Toddlers</p>	<p><b>Beef Tacos</b> <b>9</b> Whole Grain Tortilla Shredded Cheddar Cheese &amp; Mild Salsa *Shredded Romaine Lettuce *Fresh Apple *Steamed Corn for Toddlers *Applesauce for Toddlers</p>	<p><b>Teriyaki Chicken Sandwich</b> <b>10</b> *Crunchy Cauliflower Florets Chilled Pineapple *Steamed Cauliflower for Toddlers</p>
<p><b>Chicken Strips</b> <b>13</b> BBQ Dipping Sauce Green Beans *Fresh Apple *Applesauce for Toddlers</p>	<p><b>Cheeseburger</b> <b>14</b> Hamburger Bun *Fresh Zucchini Ranch &amp; Ketchup Fresh Banana *Blanched Zucchini for Toddlers</p>	<p><b>Grilled Chicken Breast</b> <b>15</b> Loaded Mashed Potatoes Dinner Roll Mandarin Oranges</p>	<p><b>Popcorn Orange Chicken</b> <b>16</b> Vegetable Brown Fried Rice *Kohlrabi Sticks and Ranch Dressing Chilled Peaches *Blanched Carrots for Toddlers</p>	<p><b>Walking Tacos</b> <b>17</b> Seasoned Beef, *Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine *Fresh Melon *Flour Tortillas for Toddlers *Pineapple Tidbits for Toddlers</p>
<p><b>Crispy Chicken on a Bun</b> <b>20</b> Steamed Corn Chilled Pears</p>	<p><b>Beef Sloppy Joes</b> <b>21</b> Vegetarian Baked Beans Fresh Banana</p>	<p><b>BBQ Beef Riblet</b> <b>22</b> Hoagie Roll Glazed Carrots Applesauce</p>	<p><b>HAPPY THANKSGIVING</b> <b>23</b></p>	<p><b>HAPPY THANKSGIVING</b> <b>24</b></p>
<p><b>French Toast &amp; Syrup Turkey Sausage</b> <b>27</b> *Fresh Cucumbers Chilled Peaches *Blanched Zucchini for Toddlers</p>	<p><b>Chicken Tacos</b> <b>28</b> Whole Grain Tortilla Shredded Cheddar Cheese &amp; Mild Salsa *Shredded Romaine Fresh Banana *Steamed Corn for Toddlers</p>	<p><b>Meatball Hoagie</b> <b>29</b> Beef Meatballs in Marinara Sauce Shredded Mozzarella Cheese Tater Tots &amp; Ketchup *Fresh Apple *Applesauce for Toddlers</p>	<p><b>Turkey Cheeseburger</b> <b>30</b> Hamburger Bun Roasted Red Potatoes *Fresh Strawberries *Diced Pears for Toddlers</p>	<p>Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart healthy oils and low-salt seasonings. Please visit dining.lancerhospitality.com for more information.</p>

MILK VARIETY SERVED AT EVERY MEAL. ALL BREADS SERVED ARE WHOLE GRAIN.

"This institution is an equal opportunity provider."



\*This menu follows the guidelines for NAEYC Accreditation